



FITNESS TIPS FOR PEOPLE ON THE GO

It may often seem like there aren't enough hours in the day to complete your responsibilities and get to the gym, but with our fitness-on-the-go tips, we can show you how to incorporate a little physical activity into your routine.

- Whether you're at the mall or at your office, choose a parking spot far from the door and walk.
- If you take public transportation, get off a stop early and walk the rest of the way.
- Take the stairs, not the elevator. Or get off the elevator a few floors early and take the stairs the rest of the way.
- Go for a lap around the office every few hours.
- Walk to your co-workers office when you need to speak with them rather than buzzing them on the intercom or corresponding through e-mail.
- Replace your desk chair with an exercise ball. This will strengthen your core and improve your posture.
- If traveling for work, book a hotel with a fitness center or swimming pool so that you can sneak in a quick workout while out of town.
- Join a fitness center near your office and stop for a workout before or after work instead of sitting in rush-hour traffic.
- Participate in or start a recreation league at your company. You can compete against other companies or in charity events.

DON'T FORGET TO STRETCH!